

Health Risk Profile

Ethnicity: (circle one)
 (W) White, not of Hispanic origin
 (H) Hispanic
 (A) African American, not of Hispanic origin
 (NA) Native American
 (P) Asian / Pacific Islander
 (O) Other

At Risk

Y N

1. Weight

☐ above healthy weight range (see chart on back)

Y N

2. Blood Pressure (see chart on back)

☐ a) B.P. \geq 140/90 mm/Hg

☐ b) personal history of high blood pressure

☐ c) family history (first-degree relative)

☐ d) above healthy weight range

☐ e) lack of exercise

Y N

3. Cholesterol

☐ a) $>$ 5 years since last normal screen or cholesterol test or never done

☐ b) $>$ 1 year since previous abnormal test

☐ c) high Risk for CHD: (see chart on back)

Y N

4. Immunization

☐ a) $>$ 10 years since last Td

☐ b) \geq age 65 and has not yet received pneumococcal vaccine

☐ c) \geq age 65 and has not had flu vaccine if it is flu season

Y N

5. Oral Health Care

☐ a) does not brush daily

☐ b) does not use dental floss daily

☐ c) does not limit sweets, especially between meals

☐ d) smokes or chews tobacco products

Y N

6. Breast Exam

☐ a) age 20-39 and $>$ 3 yrs. since last clinical breast exam

☐ b) \geq age 40 and $>$ 1 yr. since last clinical breast exam

☐ c) does not examine breasts monthly

Y N

7. Mammogram: ACS recommends: women 40-49 years of age receive a screening mammogram every 2 years and women age 50 and older receive a screening mammogram annually.

☐ Not up to date with ACS standards

Y N

8. Pap Smear: ACS recommends: annual Pap smear at onset of sexual activity. If 3 or more satisfactory, normal, annual exams, the Pap may be performed every 1-3 years.

☐ a) Not up to date with ACS standards

History of any of the following:

☐ b) genital warts

☐ c) sexually transmitted disease

☐ d) multiple sex partners

☐ e) abnormal Pap smears

Y N

9. Testicular Exam

☐ male age 15-35 years and a history of atrophic or undescended testicle

Y N

10. Skin Exam

☐ a) has family history of skin cancer

☐ b) frequent sun exposure

Y N

11. STD/HIV: The following are risk factors for STD's such as HIV, syphilis, gonorrhea, and chlamydia. Answer yes if any of these apply to you. (Do not need to specify which risk factor client has.)

a) history of injecting drug use (IDU)

b) male to male sex

c) history of STD

d) multiple sex partners

Y N

12. Tuberculosis Test: Has one of the following risk factors and has not had a T.B. test in 1 yr.:

☐ a) alcoholic

☐ b) health care worker

☐ c) exposed to someone with T.B. and has not been screened since exposure

☐ d) recently moved from Asia, Africa, Central or South America, or the Pacific Islands

☐ e) kidney failure

☐ f) HIV infection

Y N

13. Glucose Test/Diabetes

☐ a) personal history of diabetes

☐ b) family history of diabetes (first-degree relative)

☐ c) diabetes during pregnancy

☐ d) above healthy weight range

☐ e) Native American, Hispanic or African-American

Y N

14. Smoking

☐ currently smokes

Y N

15. Physical Activity

☐ does not exercise at least 30 minutes / 3 times per week

Y N

16. Nutrition

☐ a) above healthy weight range

☐ b) does not eat 5 fruits or vegetables per day

☐ c) high fat in diet

☐ d) excess sugar in diet

☐ e) excess salt in diet

Y N

17. Safety

☐ a) does not always wear seatbelts while in car

☐ b) drives after drinking or rides with a driver who has been drinking

☐ c) has gun and ammunition in same place (loaded or unloaded)

☐ d) does not have smoke detectors in home

Y N

18. Family Planning

☐ Not ready to have a child, and does not use birth control

Y N

19. Alcohol and Drug Use

☐ a) For women: are you pregnant and do you drink alcohol or use drugs

☐ b) ever felt you ought to cut down on drinking or drug use

☐ c) people ever annoyed you by criticizing your drinking or drug use

☐ d) ever felt bad or guilty about your drinking or drug use

☐ e) ever had a drink first thing in the morning to steady your nerves or get rid of a hangover

Name: _____

Date of Visit: _____

Clinic: _____

Clinician: _____

Date of Birth: _____

Age: _____

Male _____

Female _____

I.D. or S.S.#: _____

Blood Pressure Screening Guidelines

Initial Screening Blood Pressure (mm Hg)*		Follow-up Recommended**
Systolic	Diastolic	
<130	<85	Recheck in 2 years
130-139	85-89	Recheck in 1 year***
140-159	90-99	Confirm within 2 months
160-179	100-109	Evaluate or refer to source of care within 1 month
180-209	110-119	Evaluate or refer to source of care within 1 week
• 210	• 120	Evaluate or refer to source of care immediately

* If the systolic and diastolic categories are different, follow recommendations for the shorter time follow-up (e.g., 160/85 mm Hg should be evaluated or referred to source of care within 1 month).

** The scheduling of follow-up should be modified by reliable information about past blood pressure measurements, other cardiovascular risk factors, or target-organ disease.

*** Consider providing advice about lifestyle modifications.

The Fifth Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure, National Institute of Health, January 1993, NIH Publication No. 93-1088.

Standard for Adult Health Program

Healthy Weight Chart

Height*	Females**	Males***
4'10" (58")	95-130	100-130
4'11" (59")	95-130	105-135
5' (60")	100-135	110-140
5'1" (61")	105-140	110-145
5'2" (62")	105-145	115-150
5'3" (63")	110-150	120-155
5'4" (64")	115-155	125-160
5'5" (65")	115-160	125-165
5'6" (66")	120-165	130-170
5'7" (67")	125-170	135-175
5'8" (68")	130-175	140-180
5'9" (69")	130-180	140-185
5'10" (70")	135-185	145-190
5'11" (71")	140-195	150-195
6' (72")	145-200	155-200
6'1" (73")	145-205	160-210
6'2" (74")	150-210	165-215
6'3" (75")	155-215	170-220
6'4" (76")	160-220	170-225

* Without shoes

** From the healthy BMI range of 19.1 to 27.3 derived from three reference populations: the 1959 and 1983 Metropolitan tables and NHANES II.

*** From the healthy BMI range of 20.7 to 27.8 derived from three reference populations: the 1959 and 1983 Metropolitan tables and NHANES II.

Texas Department of Health 7/93
Public Health Nutrition Services Program

NCEP II Guidelines

CHD Risk Factors

“High Risk” is defined as two or more CHD Risk Factors:

- H Age
 - Men • 45
 - Women • 55 or premature menopause without estrogen replacement therapy
- H Family history of premature CHD:
 - Definite myocardial infarction or sudden death before age 55 in father or other male first-degree relative, or before age 65 in mother or other female first-degree relative.
- TM Current cigarette smoking
- TM Hypertension (• 140/90) or taking antihypertensive medication
- TM HDL Cholesterol < 35 mg/dl
- TM Diabetes mellitus

(TM = Modifiable risk factors)

If HDL is • 60 mg/dl, subtract one risk factor

Adapted from the Summary of the Second Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel II), JAMA, 1993; 269:3015-3023.